

The Seaford School District Mental Health Staff Invite you to
Virtual Coffee & Conversation

**Tips for
Managing
Anxiety**

November 9, 2021
9:45-10:15am

**Navigating
Challenging
Behaviors**

December 7, 2021
9:45-10:15am

**Fostering
Self-Esteem
in Your Child**

January 4, 2022
9:45-10:15am

**Coping with
Daily Stress &
Frustrations**

February 1, 2022
9:45-10:15am

Join us on Zoom!

**Meeting ID:
997 8836 9219
Passcode: Seaford**

**Strategies to
Help Motivate
Your Child**

March 1, 2022
9:45-10:15am

**Learning to
Communicate
Assertively**

April 5, 2022
9:45-10:15am

**Fostering a
Growth Mindset
in Your Child**

May 3, 2022
9:45-10:15am

**The
Importance
of Self-Care**

June 7, 2022
9:45-10:15am

Seaford Manor
School Social Worker, Jen DeMieri
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All are welcome!
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